



INSTITUTO SUPERIOR  
DE CIÊNCIAS SOCIAIS  
E POLÍTICAS  
UNIVERSIDADE DE LISBOA

ACD

ÁREA DE COOPERAÇÃO  
E DESENVOLVIMENTO

# EuroBoost – International Summer School for EU Competitions

INFORMATION PACKAGE JULY 2025



yepso!

Exige o teu melhor

1.

# The University

## 1.1

### Universidade de Lisboa

Universidade de Lisboa is the major Portuguese University and one of the largest in Europe. Comprising 18 Schools in several campuses in the city of Lisbon, it is the heir of the first Portuguese university, established in Lisbon in 1288. This is where tradition and innovation meet!

#### Mission

Universidade de Lisboa's mission is to ensure the constant progress of a society based on knowledge, expertise and humanist values. Universidade de Lisboa promotes sustained human development by producing and transmitting knowledge, disseminating culture, enhancing the economic, social and cultural value of scientific knowledge and providing other services to the community.

#### Vision

Universidade de Lisboa is a European University that leads in training professionals to the highest standards and is at the forefront of scientific research, innovation and service provision.

## 1.2

### The Schools of Universidade de Lisboa

Portuguese	English
Faculdade de Arquitectura (FA)	Faculty of Architecture
Faculdade de Belas-Artes (FBA)	Faculty of Fine Arts
Faculdade de Ciências (FC)	Faculty of Science
Faculdade de Direito (FD)	Law School
Faculdade de Farmácia (FF)	Faculty of Pharmacy
Faculdade de Letras (FL)	Faculty of Letters
Faculdade de Medicina (FM)	Medical School
Faculdade de Medicina Dentária (FMD)	Faculty of Dental Medicine
Faculdade de Medicina Veterinária (FMV)	Faculty of Veterinary Medicine
Faculdade de Motricidade Humana (FMH)	Faculty of Human Kinetics
Faculdade de Psicologia (FP)	Faculty of Psychology
Instituto de Ciências Sociais (ICS)	Institute of Social Sciences
Instituto de Educação (IE)	Institute of Education
Instituto de Geografia e Ordenamento do Território (IGOT)	Institute of Geography and Spatial Planning
Instituto Superior de Agronomia (ISA)	School of Agronomy
<b>Instituto Superior de Ciências Sociais e Políticas (ISCSP)</b>	<b>Institute of Social and Political Sciences</b>
Instituto Superior de Economia e Gestão (ISEG)	School of Economics and Management
Instituto Superior Técnico (IST)	School of Engineering

Within their specific areas, the Colleges and Institutes that constitute Universidade de Lisboa are within the most prestigious in Portugal. The management of the University is based on administrative and financial decentralization. Universidade de Lisboa's Schools have their own management bodies and are organized in departments or specialty areas. In addition, the University includes a number of centres, institutes, units dedicated to research, cooperation, international relations and business which facilitate the establishment of close connections to the labour market.

## 1.3

### ISCSP: Promoting Excellence in Portuguese Education since 1906

Founded in 1906, the Institute for Social and Political Sciences (ISCSP) provides students with cultural, scientific and technical education in the social and political sciences area, namely in the fields of Anthropology; International Relations; Human Resources Management; Media Studies; Political Science; Public Administration;

Public Administration and Land Management; Social Work; Sociology, Strategy, African Studies; Population Sciences.

ISCSP has several research centres that actively participate in organizing seminars, debates, workshops and other initiatives that bring the school closer to society. Our Training and Consultancy Office offers advanced courses in specific fields.

### Contacts

Vice-President for Executive Training: Professor Ana Lúcia Romão

Contact Person: Pedro Lagos de Abreu

### Training and Consultancy Office

Campus Universitário do Alto da Ajuda, Rua Almerindo Lessa, 1300-663 Lisboa, Portugal

Phone: + 351 213 600 431 | E-mail: ifor@iscsp.ulisboa.pt | <http://www.iscsp.ulisboa.pt/>

## 1.4

### How to get to ISCSP

The classes of the EuroBoost – International Summer School for EU Competitions take place at the facilities of the Institute for Social and Political Sciences of the Universidade de Lisboa. The ISCSP is located about 15 minutes away, by bus, from the city centre, but there is a bus, departing from Marquês de Pombal, that drops you right at the door of ISCSP: bus 723 (going to Algés).

### Our address

ISCSP

Rua Almerindo Lessa, Campus Universitário da Ajuda

1300-663 Lisboa

[www.iscsp.ulisboa.pt](http://www.iscsp.ulisboa.pt)

### Buses

760 (to Cemitério da Ajuda) – 723 (to Algés) – 729 (to Algés)

742 (to Casalinho Ajuda) – 771 (to Sete Rios)

2.

## The Course

### 2.1

#### Introduction

The “EuroBoost – International Summer School for EU Competitions” Specialized Education Course is a collaborative initiative between ISCSP-ULisboa and Yepso!, aimed at democratizing the access to the European public service.

ISCSP-IFOR (Training and Consultancy Office) is a development unit dedicated to delivering high-quality, advanced training in specialised fields of knowledge taught at ISCSP. Through its specialised education courses, it aims to enhance both professional and academic qualifications, equipping participants with valuable skills and experiences that contribute meaningfully to their career progression and academic profile.

Yepso! is a social enterprise initiative that aims to provide knowledge about job opportunities in the European Union, particularly regarding the preparation for the EU personnel selection procedures. It seeks to equip those interested in joining the European public service with the necessary tools to do so, democratizing citizens' access to employment in the EU, from those living in small towns to those in large cities, thus ensuring that everyone has the same opportunities to access the European institutions.

## 2.2

### Goals of the Course

EuroBoost – International Summer School for EU Competitions aims to provide participants with comprehensive and specialized training which enables them to successfully navigate the European Union's personnel selection procedures. Whether they are candidates with advanced knowledge of the recruitment process or just beginning their professional journey, the course offers an intensive learning environment, focusing on key areas to significantly boost their chances of becoming officials in European institutions.

The course has three fundamental objectives:

#### 2.2.1 Preparing participants for EU competitions:

The EU selection procedures require a combination of analytical and strategic skills, as well as a deep understanding of how European institutions function. Throughout the course, participants will be trained on:

- Developing a competitive application form, essential for standing out in the application process;
- Verbal, numerical and abstract reasoning, with practical exercises that replicate the format of EPSO official exams;
- EU Knowledge, fundamental for the assessment phase;
- Digital skills, aligned with EU requirements;
- Techniques for constructing structured, clear and straightforward responses on the Written Test;
- Strategies for interviews in the Reserve List, developing key skills such as effective communication, decision-making and teamwork.

These areas will be complemented by additional skills, which will be developed both in formal teaching sessions and through the participants' daily experiences during the program.

#### 2.2.2 Providing high-level technical and practical training:

EuroBoost – International Summer School for EU Competitions combines theoretical sessions with practical activities designed to maximize learning and facilitate the application of the acquired knowledge. The participants will learn from a team of experts, including faculty members from ISCSP and staff from YEPSO!.

Additionally, participants will have the opportunity to take part in EPSO test simulations, allowing them to become familiar with the test format and improve their performance in conditions similar to those of the official process. The access to additional materials will ensure that, even after the course ends, participants can continue to practice.

### 2.2.3 Fostering networking between EU aspirants and experts:

One of the key added values of EuroBoost – International Summer School for EU Competitions is the opportunity to build connections with other candidates and professionals in the European institutions. Throughout the week, participants will be encouraged to take part in various networking activities:

- Visits to EU institutions and relevant bodies in Lisbon, providing a practical view of the European work environment;
- Interactive workshops and debates, allowing for the sharing of experiences and contact with officials and specialists in EU recruitment;
- Social events and networking activities, promoting the exchange of information and the development of an essential contact network for the participants' professional future.

Built upon these three pillars, the course becomes an immersive learning experience, designed to maximize participants' chances of success in the European Union's selection processes.

## 2.3

### Opening Session

The meeting point for EuroBoost – International Summer School for EU Competitions opening session will be at the entrance of ISCSP, where the course will take place. All students will be asked to appear on the 24<sup>th</sup> of July, at 09h30, to have a brief presentation of the course and of all the organization, the teachers and the helping staff.

## 2.4

### Course Contents

#### Activities

1. Contact hours – 45 hours;
2. Ten workshops – Verbal, Numerical and Abstract Reasoning, Creating competitive applications, Written Test, Leadership, Digital Skills, and EU Interviews. These include theoretical sessions and practical use of taught skills;
3. Six EU Knowledge sessions;
4. Tour through Lisbon's historical center – 3,5 hours. The cultural visit helps acquaint students with the historical narrative of the Portuguese people and is an opportunity to get a closer contact with the living everyday language;
5. Two institutional visits – 2 hours each.

## 2.5

### Weekly Schedule

**Week:** July 24<sup>th</sup> to July 30<sup>th</sup>

	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday
09h30 – 10h00	Welcome Session	Verbal Reasoning Workshop	Abstract Reasoning Workshop	Applied Numerical Reasoning Workshop	Written Test Workshop	EU Knowledge	Workshop: EU interviews and communication techniques
10h00 – 11h00	How to access the European public service						
11h00 – 11h15	Workshop: Creating competitive applications (CV and Application Form)	Numerical reasoning workshop	Advanced Numerical Reasoning Workshop	EU Knowledge		Round table: EU staff	
11h15 – 11h30							
11h30 – 12h00							
12h00 – 12h30							
12h30 – 13h00	LUNCH						
13h00 – 13h15							
13h15 – 13h30							
13h30 – 14h00							
14h00 – 14h30	Workshop: Creating competitive applications	EU Knowledge: Institutions and decision-making	EU Knowledge: Key EU Policies	EU Knowledge	EU Knowledge	Informal networking and social activity	Closing session and Certificate awarding
14h30 – 15h00							
15h00 – 15h30							
15h30 – 16h00	Tour to Lisbon's historical center	Visit to the European Commission's Representation in Lisbon	Visit to the European Maritime Safety Agency (EMSA)	Leadership Workshop			
16h00 – 16h30							
16h30 – 17h30							
17h30 – 18h00							
18h00 – 19h30							

## 2.6

### Mandatory Class Attendance, Certificate of Conclusion and Diploma

In order to obtain the Final Diploma and the Certificate of Conclusion, students need a minimum of 80% of attendance. Should they not comply with this rule, they can obtain a Certificate of Attendance.

## 2.7

### Application Process and Fees

#### 2.7.1 Application Fee and Insurance

**Application Fee:** 25€ (twenty-five euros)

**Insurance:** 2,10€ (two euros and ten cents).

These amounts are payable upon submission of the application.

#### 2.7.2 Course Fee

**ISCSP Students or Alumni and YEPSO Students** – 350€ (three hundred and fifty euros), payable in a single instalment upon enrolment.

**All Other Students** – 600€ (six hundred euros), payable in a single instalment upon enrolment.

The course fee includes all pedagogical materials and transportation to scheduled visits.

#### 2.7.3 Application Deadline and Procedure

The application period will run from 30 May to 27 June 2025. Participation in the Summer School is subject to a selection process. Applicants must complete their application on Fenix platform and submit the required documentation before the final deadline of 27 June 2025.

Applications will be reviewed in two rounds to encourage early submissions and facilitate travel and accommodation planning. Please note that the organisers reserve the right to allocate all available places during the first round, depending on the number and quality of applications received. For this reason, early application is strongly recommended.

- Round 1 (Early Bird): Deadline – 15 June 2025
- Round 2 (Final Call): Deadline – 27 June 2025

Applicants submitting their application in the first round will benefit from a 15% discount on the total course fee.

### 2.7.4 How to Apply

Applications must be submitted online. For further information and to access the application platform, please visit the official website of ISCSP-ULisboa [here](#).

Should you require any assistance or clarification regarding the application process, you may contact us at:

[ifor@iscsp.ulisboa.pt](mailto:ifor@iscsp.ulisboa.pt)

3.

## Meals/Canteens and Accommodation

### 3.1

#### Lunch

During the course, students can have lunch at our facilities. The average price per meal at ISCSP is 5€.

### 3.2

#### Accommodation

It is the entire responsibility of the students to find their own private accommodation in the city. Additionally, one can take advantage of the low prices of our capital's Hostels, renowned by their quality and international vibe.

To help you find an accommodation, check below some suggestions for temporary or extended stays. We emphasize that the ISCSP has no connection with the listed institutions.

- <https://www.airbnb.pt/>
- <https://hotelscan.com/pt>
- <https://www.uniplaces.com/pt/>
- <https://inlifeportugal.com/>
- <https://rentola.pt/>

You can also choose to stay in one of the Youth Hostels Lisbon has to offer. Again, ISCSP has no connection with these places, but students can obtain access to a discount through the European Youth Card, which can be found at:

■ <https://eyca.org/>

The Youth Hostels closest to ISCSP are:

Central Lisbon:

■ <https://www.pousadasjuventude.pt/pt/pousadas/pousada-de-lisboa-centro>

Parque das Nações:

■ <https://www.pousadasjuventude.pt/pt/pousadas/pousada-de-lisboa-parque-das-nacoes/>

Almada:

■ <https://www.pousadasjuventude.pt/pt/pousadas/pousada-de-almada/>

4.

## Useful Info

### 4.1

#### About Portugal

Portugal is one of the oldest countries in Europe. It became independent in 1143, and has maintained its national boundaries from the 13th century to the present. A country of discoverers and pioneers, forerunners of international trade, today the Portuguese are leaders in niche markets in telecommunications, technology and services. Quality of life, strategic access to markets, mild Mediterranean climate, security and an adaptable work-force are competitive advantages in a country that continues its traditions of discovery and innovation in science and technology.

Portugal comprises mainland Portugal, situated in the south-west of Europe, and the Atlantic Archipelagos of Madeira and the Azores. With a population of 10.5 million and an area of 92 152 km<sup>2</sup>, Portugal provides quick and easy access not only to the European market, but also to the east coast of the United States and to Africa.

Portugal has been a EU member since 1986; its political system is a parliamentary democracy and Portuguese is the official language. Of Latin origin, Portuguese is one of the most widely spoken European languages in the world, the most spoken language south of the Equator, and is the mother tongue of about 200 million people.

The climate is mild all year round. Summers are dry with clear skies, and warm sunshine extending long into autumn. Winters are moderately cool and are the wettest time of the year, except in subtropical Madeira, where there is little rain.

Portugal has a rich and varied cuisine. Olive oil is used in most traditional recipes and in particular in more than one thousand recipes for salted cod (bacalhau). In the hills of the Douro region grow the vines from which the famous Port wine is produced.

#### For foodies we recommend:

<b>Caldo Verde</b>	Common soup, containing potato, shredded cabbage and chunks of chouriço sausage.
<b>Carne de Porco à Alentejana</b>	Fried pork and clams
<b>Cozido à Portuguesa</b>	Cooked beef, pork, several types of sausages, cured ham, carrots, turnips, chickpeas, cabbage and rice.
<b>Bacalhau à Brás</b>	Strips of codfish mixed with onions and thin strips of potatoes bound by eggs.
<b>Pastel de Nata</b>	Small custard tart sprinkled with cinnamon
<b>Bolo Rei</b>	Traditional Portuguese cake usually eaten around Christmas, with a large hole in the centre covered with candied and dried fruits and nuts.

#### Quick facts

**Nobel Prize Winners:** Egas Moniz, Medicine, 1949; José Saramago, Literature, 1998.

**UNESCO – Sites on the World Heritage List:** Alto Douro Wine Region (2001); Old Town of Angra do Heroísmo in the Azores (1983); Convent of Christ in Tomar (1983); Cultural Landscape of Sintra (1995); Historic City Centre of Évora (1986); Historic City Centre of Guimarães (2001); Historic City Centre of Oporto (1996); Landscape of the Pico Island Vineyard Culture (2004); Laurisilva Subtropical Forest of Madeira (1999); Monastery of Alcobaça (1989); Monastery of Batalha (1983); Monastery of the Jerónimos and Tower of Belém in Lisbon (1983); Prehistoric Sites in the Côa Valley (1998); Forts and Old Town of Elvas (2012); Coimbra University – Alta and Sofia (2013).

**UNESCO Immaterial Patrimony:** Fado (2012), the Portuguese music of nostalgia; the Mediterranean diet (2013); Cante Alentejano (2014), the folk music of the Alentejo.

**UNESCO Collective Memory Patrimony:** Vasco da Gama's Diary (2013), the log of the Portuguese voyage of discovery of the maritime route to India in 1497.

## 4.2

### About Lisboa

Lisbon or Lisboa, the capital of Portugal, lies on the right bank of the river Tejo, near where the river meets the Atlantic. It is a city of hills overlooking the river which grew outwards from the hill on which the ancient castle of Saint George was built. Phoenicians, Greeks and Carthaginians founded colonies there, and the Romans consolidated its importance as an entrepreneurial outpost for shipping and fishing; the city became part of the imperial itinerary. Nowadays, about three million people live, study and work in the Lisbon region.

Today, Lisbon is still a city of many contrasts, a modern and ancient city that fascinates those who visit it. The characteristic quarters of the city are a must-see for their culture, history, architecture and people, who have managed to pass on their traditions down the years. Castelo, Alfama, Mouraria, Bairro Alto, Madragoa, Chiado and Belém are the historic quarters that tell the history of the city.

Over the centuries, Lisbon has gone through considerable changes, but many traces of the city's rich past have been retained. It was the European Capital of Culture in 1994. In 1998, Lisbon hosted the last world exhibition of the 20th century, Expo 98, on the theme of the oceans, in view of Portugal's contribution to the era of great discoveries and sea voyages. At Parque das Nações, Europe's largest aquarium was constructed. Art exhibitions, cinema, theatre and musical events make Lisbon the right place to be. In 2004 it was one of the host cities for the European Football Championship, and in 2014 the city greeted the UEFA Champions League final.

Lisbon is the only European capital with Atlantic beaches, and its coastline is ideal for swimming, surfing, sailing and windsurfing. By taking the train along the north bank of the Tejo estuary it is possible to discover the golden sandy beaches of Costa do Estoril and Cascais and the best surfing waters at the world-famous Guincho, where international championships are often held. Only half an hour south of the city is the 30-km long Costa de Caparica beach.

Lisbon has inspired writers, poets and artists throughout the centuries and its unique characteristics make it one of the most enchanting cities of Europe. Monumental, modern, and cosmopolitan, Lisbon is also a welcoming and quiet, romantic city; a mixture which enchants all visitors.

- [www.portugal.gov.pt](http://www.portugal.gov.pt)
- [www.visitportugal.com](http://www.visitportugal.com)
- [www.cm-lisboa.pt](http://www.cm-lisboa.pt)
- [www.lisbon-guide.info](http://www.lisbon-guide.info)
- [www.portugal.com](http://www.portugal.com)

## 4.3

### Cost of living in Portugal

#### Average Prices

**Meals:** 350 €/month; Renting a room: 300 € to 700 €/month.

**Monthly Ticket for Public Transportation:** 30 €/month.

**Entrance ticket to a Museum, National Monument:** 2 € to 5 €.

**Cinema ticket:** 7 €.

**Tickets for theatre, concerts, opera or ballet performances:** 20 € to 75 €.

## 4.4

### Health Insurance

As EU citizens, you must bring with you the CESD – European Health Insurance Card – that guarantees your medical assistance with the Portuguese National Health Service. You must have a liability insurance covering personal injuries and legal damage to property.

■ <http://ec.europa.eu/social/main.jsp?catId=509&langId=en>

## 4.5

### Useful Phone Numbers

#### National Emergency Number

112

#### Hospitals

Santa Maria: 217 805 000; S. Francisco Xavier: 210 431 000; S. José: 218 841 000

Ambulances (Red Cross): 219 421 111

Poisoning: 808 250 143

#### Services

Fire Station: 213 422 222; Lisboa Airport (Arrivals & Departures): 218 413 700; Buses (Carris): 213 613 054; Underground (Metro): 217 980 600; Railways (CP): 808 208 208; Taxis (Autocoope): 217 996 460; Taxis (Radiotaxis): 218 119 000; National Phone Information: 118; International Phone Information: 177; Time: 12151; Wake Up Call: 12161; Tourist Information Department: 808 781 212

#### Police

PSP: 217 654 242; GNR: 213 217 000

Internal Affairs & Foreign Services: 217 115 000

Should any problem arise during your stay in Lisbon, please contact Pedro Lagos de Abreu. However, if your problem is directly related to your visa or to document loss, you must get in touch with your national Embassy.

## 4.6

### Some Useful Sentences

English	Portuguese
Good morning/afternoon/evening.	Bom dia/ Boa tarde/ Boa noite.
Hello. Hi.	Olá.
Goodbye. Bye-bye. Bye.	Adeus/Até à próxima.
Excuse me.	Desculpe.
Please.	Por favor.
Thank you.	Obrigado.
See you tomorrow.	Até amanhã.
My name is ... I'm ... and I come from ...	O meu nome é ... tenho ... anos e venho de ...
Could you tell me the way to the station, please?	Podia dizer-me onde fica a estação, por favor?
What's the best way to the station?	Qual é o melhor caminho para chegar à estação?
Where is the nearest bus stop?	Onde fica a paragem de autocarro mais próxima?
Which bus do I take to Belém?	Qual o autocarro que apanho para Belém?
Does this bus go downtown?	Este autocarro vai para o centro da cidade?
Where is the nearest supermarket?	Onde fica o supermercado mais próximo?
Turn right/left.	Vire à direita/esquerda.
Go straight/along this road.	Siga em frente.
How much does this cost?	Quanto custa isto?
Can I have a town map, please?	Queria um mapa da cidade, por favor.
Have you got picture postcards?	Tem postais com fotos da cidade?
I need stamps as well.	Também vou precisar de selos.
How much is everything?	Quanto custa tudo?
Can you repeat the price, please?	Pode repetir o preço, por favor?
Where can I catch a cab?	Onde posso apanhar um táxi?

We hope you enjoy your stay!

## Bem-vindos a Portugal!

(Welcome to Portugal!)



INSTITUTO SUPERIOR  
DE CIÊNCIAS SOCIAIS  
E POLÍTICAS

UNIVERSIDADE DE LISBOA